

# Clay Madsen Recreation Center Pool Schedule: Fall 2014 Eff. 9/29/14

|          | Sunday<br>10:30-5:30pm | Monday<br>5:30-9:30pm     | Tuesday<br>5:30-9:30pm    | Wednesday<br>5:30-9:30pm  | Thursday<br>5:30-9:30pm   | Friday<br>5:30-8:30pm   | Saturday<br>7:30-6:30pm |          |                           |
|----------|------------------------|---------------------------|---------------------------|---------------------------|---------------------------|-------------------------|-------------------------|----------|---------------------------|
| 5:00 AM  |                        |                           |                           |                           |                           |                         |                         |          |                           |
| 5:30 AM  |                        | Aqua S-Wet<br>(3 lanes)   | COD/Lap Swim              | Aqua S-Wet<br>(3 lanes)   | COD/Lap Swim              | Aqua S-Wet<br>(3 lanes) |                         |          |                           |
| 6:00 AM  |                        | COD/Lap Swim              |                           | COD/Lap Swim              |                           | COD/Lap Swim            |                         |          |                           |
| 6:30 AM  |                        |                           |                           |                           |                           |                         |                         |          |                           |
| 7:00 AM  |                        |                           | Lap Swim                  |                           | Lap Swim                  |                         |                         | Lap Swim |                           |
| 7:30 AM  |                        | Lap Swim                  |                           | Lap Swim                  |                           | Lap Swim                |                         |          |                           |
| 8:00 AM  |                        |                           | D.A.F.                    | D.A.F.                    |                           | D.A.F.                  |                         |          |                           |
| 8:30 AM  |                        |                           |                           |                           | D.A.F.                    | D.A.F.                  |                         |          |                           |
| 9:00 AM  |                        |                           | Aqua Fit                  | Aqua Tone                 | Aqua Fit                  | Aqua Tone               |                         | Aqua Fit | Swim Lessons<br>(3 lanes) |
| 9:30 AM  |                        |                           |                           |                           |                           |                         |                         |          |                           |
| 10:00 AM | Lap Swim               | Aqua Energizer            |                           | Aqua Energizer            |                           |                         |                         |          |                           |
| 10:30 AM |                        |                           |                           |                           |                           |                         |                         |          |                           |
| 11:00 AM | Open Swim              | COD/Lap Swim              |                           | COD/Lap Swim              |                           | COD/Lap Swim            |                         |          |                           |
| 11:30 AM |                        |                           |                           |                           |                           |                         |                         |          |                           |
| 12:00 PM |                        |                           |                           |                           |                           |                         |                         |          |                           |
| 12:30 PM |                        |                           |                           |                           |                           |                         |                         |          |                           |
| 1:00 PM  | Lap Swim               |                           |                           |                           |                           |                         | Open Swim               |          |                           |
| 1:30 PM  |                        |                           |                           |                           |                           |                         |                         |          |                           |
| 2:00 PM  |                        |                           |                           |                           |                           |                         |                         |          |                           |
| 2:30 PM  |                        |                           |                           |                           |                           |                         |                         |          |                           |
| 3:00 PM  | Lap Swim               |                           |                           |                           |                           | Open Swim               | Lap Swim                |          |                           |
| 3:30 PM  |                        |                           |                           |                           |                           |                         |                         |          |                           |
| 4:00 PM  |                        |                           |                           |                           |                           |                         |                         |          |                           |
| 4:30 PM  |                        |                           |                           |                           |                           |                         |                         |          |                           |
| 5:00 PM  |                        | Swim Lessons<br>(2 lanes) | Swim Lessons<br>(2 lanes) | Swim Lessons<br>(2 lanes) | Swim Lessons<br>(2 lanes) | Lap Swim                |                         |          |                           |
| 5:30 PM  |                        |                           |                           |                           |                           |                         |                         |          |                           |
| 6:00 PM  |                        | Aqua Power                | Aqua Zumba                | Aqua Challenge            | Aqua Zumba                |                         |                         |          |                           |
| 6:30 PM  |                        |                           |                           |                           |                           |                         |                         |          |                           |
| 7:00 PM  |                        | Aqua Zumba                | Aqua Power                | Swim Lessons<br>(2 lanes) | Aqua Power                |                         |                         |          |                           |
| 7:30 PM  |                        |                           |                           |                           |                           |                         |                         |          |                           |
| 8:00 PM  |                        |                           |                           |                           |                           |                         |                         |          |                           |
| 8:30 PM  |                        | Lap Swim                  | Lap Swim                  | Lap Swim                  | Lap Swim                  |                         |                         |          |                           |
| 9:00 PM  |                        |                           |                           |                           |                           |                         |                         |          |                           |
| 9:30 PM  |                        |                           |                           |                           |                           |                         |                         |          |                           |
| 10:00 PM |                        |                           |                           |                           |                           |                         |                         |          |                           |

Schedule is subject to change. Please refer to Fall-Winter-Spring 2014-2015 Program Guide for specific Swim Lesson dates.

Please see CMRC front desk team for Group & Aqua Exercise Rules & Guidelines.

One lane will always be available to lap swimmers. Please be prepared to share a lane.

CMRC Pool closes 30 minutes prior to Rec Center closing.